

# SHRIMATI INDIRA GANDHI COLLEGE

Tiruchirappalli – 620 002

(Nationally Accredited at 'A' Grade (3<sup>rd</sup> Cycle) by NAAC)

## NATIONAL SERVICE SCHEME

2017 – 2018 (Odd Semester)

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The Department of Physical Education and National Service Scheme of Shrimathi Indira Gandhi college observed the **International Yoga Day** on **21.06.2017** by organizing a demonstration programme to the fresh graduates on yogasanas, pranayam and meditation. The programme was also graced by Secretary, Principal, Vice Principal and Lecturers.

The yoga instructor Ms. Gowthami gave an explanation of each Asana and its benefits as the students performed them. Then all the 50 NSS Volunteers and yoga students were also made to perform different types of Pranayam. Yoga nurtures and promotes good health. Pranayam and Meditation improve memory power and IQ levels. Let us nurture purity, discipline and good health through yoga.

The Tiruchirappalli Municipal Corporation has undertaken itself to promote and sustain cleanliness in the city through several strategic initiatives. It is proud to say that the corporation has succeeded in securing the 1<sup>st</sup>, 2<sup>nd</sup> and 6<sup>th</sup> positions among No. of participating districts for the past three years. In keeping with this the corporation has taken up to promote solid waste management as a short time goal now. Under this initiative, the Deputy Sanitary Inspector Mr. Nallusamy and Revenue Inspector Mr. Deivasigamani visited our college and explained the importance of **Swachh Bharat Mission** to all the fresh graduates. They also explained hoe students could also lend a hand in this mission by segregating solid waste and disposing bio-degradable waste in green bins throughout the week expect on Wednesday and non-bio- degradable waste in blue bins only on Wednesday to sanitary workers. An oath was taken by the students and teachers to lend a hand in this mission. This programme was held at R.V.Auditorium in our campus on **21.06.2017**.



On **27.06.2017** NSS Units of Shrimathi Indira Gandhi College in collaboration with Trichy City Corporation conducted a **Dengue Awareness activity** at Marakkadai, Trichy. 50 NSS Volunteers participated and they educated the public how to prevent the dengue fever and how to eradicate mosquito's larvae. Ms.V.Geetha and Ms.R.Vasanthi NSS programme officers accompanied the students.



The City Corporation of Tiruchirappalli organized a programme on '**Voters Awareness**' on **27.06.2017** at the city corporation office, Trichy. Mr.N.Ravichandran Commissioner, City Corporation, Trichy spoke about how to find out the new voters and how to register as a voter. He also instructed all the colleges to choose the student volunteers by the name of Campus Ambassadors and to find out the new voters who are born on or before 31.12.1998. Ms.V.Geetha and Ms.K.Kavitha NSS Programme Officers attended this programme.

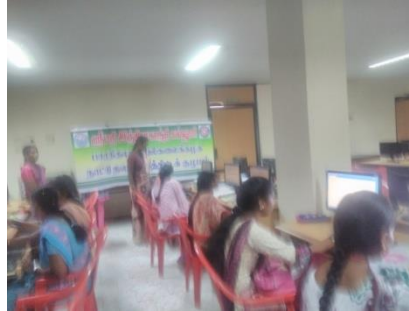
The NSS Volunteers and Youth Red Cross Students are participated in the Rally for "**International Day against Drug Abuse and Illicit trafficking**" organized by Tamilnadu Police, City Corporation and Red Cross Society, Trichy on **29.06.2017**. The Rally flagged off by the Trichy City Police Commissioner. The Rally started at St.John Vestry Higher Secondary School went through Major Saravanan Circle, Railway Station and ended at St.John Vestry Higher Secondary School. 50 NSS Volunteers and Ms. K.Padmavathy, NSS Programme Officer participated in this rally.



On **11.07.2017** the NSS Units of Shrimathi Indira Gandhi college organised a **Voter Awareness Programme**. Mr.Rajamanikkam, Asst Revenue Officer, Mr.Anand and Ms.P.Suba, EPIC Operator demonstrated how to register as a new voter and how to get the voter ID Card. They interacted with the Student Ambassadors (Ms S.Vaishnavi, III B.A (English), Ms R.Rasika II B.Com) and NSS Programme Officers.

On **11.07.2017**, An **Oath on World Population Day Awareness** was taken under the Gandhi Tree of our college campus. The NSS programme officers & the campus co-ordinator took part in the oath taking programme at 12.30 p.m.

The Tiruchirappalli Municipal Corporation and The NSS Units of Shrimathi Indira Gandhi College registered our college students as new voters who have completed the age of 18 in our college campus from **24.07.2017-29.07.2017** with the help of Student Ambassadors, NSS Volunteers and NSS programme officers.



On **27.07.2017**, The NSS Volunteers participated in a Rally for **Dengue Awareness** organized by Trichy City Corporation. The Rally was flagged off by the Trichy City Corporation Commissioner. The Rally started at ER Higher Secondary School went through Chathiram Bus Stand and ended at Passport Office, Marakkadai. 100 NSS Volunteers and Ms. K.Kavitha and Ms V.Geetha, NSS Programme Officers participated in this rally.

On **27.07.2017** Ms K.Padmavathy, NSS Programme Officer participated in the meeting on Dengue Awareness conducted by Trichy City Corporation at Srirangam.



On **10.08.2017**, NSS units of Shrimathi Indira Gandhi college organized a Oath taking Programme on the occasion of '**Quit India Movement Anniversary** Celebrations'. 100 NSS Volunteers along with The NSS programme officers took the pledge on 'New India'.





The Indian Space Research Organisation (ISRO), Bengaluru and Indian Society of Remote Sensing (ISRS), Dehradun jointly organized a **National Workshop** on ‘Popularisation of Remote Sensing Based Maps and Geospatial Information’ in association with NSS Cell of Bharathidasan University on 11.08.2017 in the Department of Geography, BARD, Trichy. 50 NSS Volunteers and Ms. S.Kannammal, Ms. K.Padmavathy, NSS programme officers attended the workshop.



Ms.S.Kannammal and Ms.K.Kavitha, NSS Programme officers attended the **5 days Facilitator Development Workshop** on ‘Active Citizens’ organized by the NSS Cell of Bharathidasan University in association with Rajiv Gandhi National Institute of Youth Development from **17.08.2017 to 22.08.2017** at Bharathidasan University, Khajamalai Campus, Trichy.



The NSS Units of SIGC and the Trichy Municipality corporation jointly organized a dengue awareness programme on **19.08.2017** at Chidhambaram Mahal, Trichy. The 50 NSS Volunteers were grouped in five and a person from the Trichy Municipality led them with other people from the corporation to carry out the awareness. The volunteers went door to door advocating some measures to safe guard themselves from the attack of the dengue spreading mosquitoes’.

On **23.08.2017** 30 NSS Volunteers went to the **Trichy Rock fort Temple** to help the temple officials to count the **Hundial money**.



On **23.08.2017** Ms.K.Kavitha and Ms.V.Geetha, NSS Programme officers attended the NSS Programme officers meeting at Bharathidasan University, Trichy.



On **24.08.2017** **General Orientation programme** was organized by the NSS Units for the I year Volunteers. The NSS programme officers spoke about two kinds of NSS activities, Emblem and Motto of the NSS. The forth coming Regular activities and the Special Camp activities were discussed and the students were thus given motivation to carry out these activities. The Unit leaders were chosen and duties were allotted for each unit by the programme officers.



On **26.08.2017** the NSS Units of Shrimathi Indira Gandhi College organized the **Dengue Fever Awareness Programme** in the adopted villages Allur, Janatha Nagar, Indira Nagar, Thiruchendurai Mandabam and Kadiyakuruchi (Anthanallur Union). 50 NSS Volunteers gave Dengue Fever Awareness through cultural (Speech, Song, Drama, Street Play) and issued pamphlets relating to Dengue Fever Awareness to the village people.



campus were benefited.

The NSS Units of Shrimathi Indira Gandhi College in collaboration with Trichy City Corporation, issued **Nillavembu Kudineer** to the students in our college campus under Gandhi Tree from **28.08.2017-01.09.2017** for the prevention of Dengue fever. More than 4000 people in our

On **04, 05 & 06.09.2017**, the NSS Units of our college organized an **Outreach programme** on Menstrual Hygiene. The NSS Programme Officers discussed with the Students the importance of Sanitary Napkins, the proper way of disposing it, Personal Hygiene and the spread of diseases by the usage of dirty cloth material repeatedly. The awareness programme held at The Govt. Higher Secondary School, Nagamangalam, The Government Higher Secondary School, Manikandam and The Government Higher Secondary School, Ayilapettai, Trichy.

**Ms.V.Geetha**, Department of Bank Management attended the **General Orientation Programme** at Bishop Heber College, Trichy organized by Rajiv Gandhi National Institute of Youth Development, Sriperumbudhur, Chennai from 06.09.2017 to 12.09.2017.



The NSS Cell of Bharathidasan University, The Molecular Diagnostics Counselling Care & Research Centre (MDCRC) organized an **awareness programme** about DMD (Duchenne Muscular Dystrophy). 2 NSS Volunteers and Ms.R.Vasanthi, Programme Officer participated in the programme on **22.09.2017**.



On **24.09.2016** the NSS day was celebrated The NSS programme officers & NSS Volunteers took the pledge on Healthy Life. The NSS programme officers discussed with the volunteers the Nutritional food which improves the Haemoglobin level and the importance of Morning food (Break fast).

On **26.09.2017**, the NSS Units of our college organized a **Lecture programme** in collaboration with Trichy City Corporation at Vidya Seva Ratnam K. Santhanam Auditorium. Mr. Mighavel Gnanadeepam, Assistant Commissioner, Mr.Koorathazhvar, Sanitary Officer, Mr. Nallusamy, Sanitary Inspector were the Speakers. They instructed the volunteers how to download the Swachta Mobile App and the procedure of Vote for the Swatch Survexion. They created an awareness of Dengue fever among the students. The Programme concluded by the voth taking. Ms S.Kannammal, NSS Programme Officer read the Pledge on the topic of “Cleanliness is Service”.500 NSS Volunteers and Programme Officers participated in the programme.



On **27.09.2017** Trichy City Corporation organized a **special cleaning work** at Karuda mandabam, Cauvery River, Srirangam. More than 300 NSS volunteers, Programme officers, Commissioner of Trichy City Corporation and Municipalty workers removed the plastic bags, clothes and etc. Our College NSS Volunteers (50) and Ms S.Kannammal, Ms K.Kavitha NSS Programme Officers participated in the programme.

The NSS units of SIGC and the Trichy Municipality corporation jointly organized a **dengue awareness** programme on **05.10.2017** at Teppakkulam, Trichy. 50 volunteers went door to door advocating some prevention measures to safe guard themselves from the attack of the dengue spreading mosquitoes’.

30 NSS Volunteers went to the Trichy Rock fort Temple to help the temple officials to count the **Hundial** on **11.10.2017**.



On the occasion of **World Sight Day** St. Joseph Eye Hospital, Trichy organized an Awareness programme on the importance of Eye Donation on **07.10.2016**. Dr A.Lakshmi Prabha, NSS Coordinator of Bharathidasan University, The commissioner of Police ,Trichy and the Doctors were the speakers. 50 NSS Volunteers and programme officers took part in the programme.

On **13.10.2017**, The NSS wing of Bharathidasan University, Trichy and Tempz academy, Chennai organized a one day **Work shop** on “Leading the Right Path”. 20 NSS Volunteers (III year) participated in the Work Shop and learn how to face and how to prepare for competitive examinations like TNPSC, UPSC, etc. Finally, the organizing team conducted a Quiz competition. Our volunteers won the III Prize.



National Service Scheme of Shrimati Indira Gandhi College organized a campaign on “**GLOBAL HAND WASHING DAY**” (15.10.2017) on **14.10.2017** in the College Campus. 50 NSS Volunteers distributed pamphlets and demonstrated the need for Hand washing to other students. They also motivated the students to spread the message among their neighbours at home and wherever they go.







On **22.10.2017** District Sports Office, Trichy organized a **Marathon programme** on the occasion of Dr M.G.R. Centenary Birth Anniversary. The Marathon run started at M.G.R Statue, Court and ended at Anna Stadium.

50 Volunteers participated in the programme

The Govt. of India observes 31<sup>st</sup> Oct.2017 all over the country as a day of special occasion to foster and reinforce our dedication to preserve and strengthen Unity, integrity and security of our Nation by celebrating it as Rashtriya Ekta Diwas ( National Unity Day) to commemorate the Birth anniversary of Sardar Vallabhai Patel. In that way the NSS Units of our college conducted the Oath taking programme. The Volunteers took the “National Unit Day Pledge” under the Gandhi Tree in the college campus along with the Vice Principal Dr.M.Remana and the NSS Programme Officers.

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Tiruchirappalli – 620 002

## NATIONAL SERVICE SCHEME

2017 – 2018 (EVEN Semester)

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The International Association of Lions Clubs organized an awareness rally on “Journey for Sight” on **08.12.2017**. The Rally was flagged off by Mr.A.Mayilvahanan, Asst. Commissioner, Trichy City Police at National College Higher Secondary School ground. The rally went through Chathiram Bus Stand and ended at St.Joseph’s College,Trichy. 100 NSS Volunteers and NSS Programme Officers participated in this rally.

The Trichy City Corporation organized a Marathon Programme on Swachh Bharath Mission on **10.12.2017**. The Marathon run started at Ulavar Santhai and ended at Anna Stadium. 40 NSS Volunteers and Programme officers participated in the programme



On **23.08.2017** 30 NSS Volunteers went to the **Trichy Rock fort Temple** to help the temple officials to count the **Hundial money**.



The 22<sup>nd</sup> National Youth Festival (NYF) organized by the Ministry of Youth Affairs & Sports, Govt. of India at Gyan Vihar University, Jagatpura, Jaipur, Rajasthan from **12.01.2018 to 16.01.2018**. 10 NSS Volunteers from Bharathidasan University took part in the National Youth Festival. Our NSS Volunteer Ms.V.Ramya (II B.Sc Physics) participated in the programme.

On **25.01.2018** conducted an Oath taking programme as a part of National Voters' Day Celebrations. An Oath regarding Voters' awareness was taken under the Gandhi Tree of our College Campus. The Vice Principal, NSS Programme Officers and 150 NSS Volunteers took part in the programme.



On the observance of Martyrs Day (Jan 30) Our NSS Units conducted an Oath taking programme on the topic of "Untouchability" on **30.01.2018** under Gandhi Tree in our Campus. The Vice Principal, NSS Programme Officers and 100 NSS Volunteers took part in the oath taking programme.

On the Occasion of National Youth Day (Jan 12) Our NSS Units conducted a special lecture Programme on **06.02.2018** at Vidya Seva Ratnam K.Santhanam Auditorium. Mr.K.Subramaniyan , District Youth Coordinator , Trichy was the Speaker. He shared the views of Swamy Vivekananda on the Topic of "Arise & Awake!" 450 NSS Volunteers and Programme officers participated in the programme.



Trichy City Corporation conducted an awareness programme as a part of Swachh Bharath Mission Activities on **07.02.2018** at Dhevar Hall, Trichy. Mr.C.Gopinath , Anchor, Vijay TV was the Chief guest and also the Swachh Brand Ambassador for the event. 100 NSS Volunteers and Programme officers participated in the programme.

programme.

On **10.02.2018**, 50 NSS Volunteers went to the **Trichy Rock fort Temple** to Clean the temple.



An Outreach Programme on “**Visit to Pollution free Environment and Solid Waste Management**” at Ponnampatti was organized on 10.02.2018. 40 NSS Volunteers and Programme officers participated in the programme.



**National Service Scheme** and **Youth Red Cross** jointly organized a Two Day workshop on “**First Aid**” on **13.02.2018 & 14.02.2018** at R.V.Auditorium. 430 NSS & YRC Volunteers participated in the workshop. Mr.S.Radhakrishnan , Trainer & Lecturer in First Aid, St.John Ambulance, Trichy was the Resource person. He explained about the meaning of First Aid, body weight, blood circulation, how to control high BP & low BP, how to arrest the poison spreading through out the body by snake bites and insects bites. He also explained various levels of burns. Finally he demonstrated regarding all types of First Aid.



On **19.02.2018**, National College, Trichy conducted a One day National Workshop on “**Empowering the Youth for Sustainable Development**” under the guidance of Ministry of Youth Affairs & Sports . 20 NSS Volunteers and a Programme officer participated in the programme.



The NSS Units (5) of Shrimati Indira Gandhi College, Tiruchirappalli organized a 7 Day Special Camp Programme on the topic of “Youth for Cleanliness” from **25.02.2018** to **03.03.2018** at our adopted villages Allur, Janatha Nagar, Indira Nagar, Thiruchendurai Mandabam and Kadiyakuruchi (Anthanallur Union).



The NSS Cell of Bharathidasan University, WISH forum conducted a Two Day Workshop on Making Low cost Sanitary Napkins for the girls on **15.03.2018 & 16.03.2018** at University campus. 5 NSS Volunteers and Programme officer in the programme.



On **20.03.2018** the NSS Units of Shrimati Indira Gandhi College, Trichy and the Institute of Company Secretaries of India jointly Organized an Awareness Programme at Vidhya Seva Ratnam K.Santhanam Auditorium, **Ms.Chithra Anantharaman**, Deputy Director, Southern India Regional Office was the Resource person. She spoke about Company Secretaryship course.

**Mr.D.Muralitharan**, Company Secretary, Cethar Energy Ltd., Trichy also interacted with the students. 180 NSS Volunteers participated in the programme.

The 24th March was the “World Tuberculosis Day” Our NSS Units organized an Awareness Programme on **20.03.2018**, **Dr.Savithiri**, Deputy Director of Tuberculosis , Trichy spoke about the causes of tuberculosis and how to prevent this disease.



On **20.02.2018**, 30 NSS Volunteers went to the **Trichy Rock fort Temple** to help the temple officials to count the **Hundial money**.



On **23.03.2018** Anthanallur Union Office and NSS Units jointly organized an awareness rally on Open Defecation in the Adopted Villages. 50 NSS Volunteers participated in the programme.

# National Service Scheme

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## Special Camp Report 2017 – 2018

The NSS Units (5) of Shrimati Indira Gandhi College, Tiruchirappalli organized the 7 Day Special camp from. **25.02.2018** to **03.03.2018** at 'SEVAI' Centre, Allur. The Inaugural started by 10.00 a.m. on 25.02.2018 **Dr.(Mrs). S.Vidhyalakshmi**, Principal, Shrimati Indira Gandhi College, Tiruchirappalli gave the Inaugural speech.

After the Inaugural the Volunteers under went a training programme to prepare themselves for service as a team, so that they learn to involve themselves in service. They were also given a short training session about the do's and don'ts in their presence at the special camp.

In the afternoon session a special lecture programme was organized for the NSS Volunteers. **Mr.S.M.Sivakumar**, Family Welfare Advisor, Tiruchirappalli was the speaker of the session. He gave a special lecture on the topic "**Sindhanai Sei Maname**" to create an awareness in the psychological way among the Volunteers. There was an interactive session to clear the doubts regarding the same for the Volunteers.

The second day (26.02.2018) of the special camp began with the 3 day training programme such as Artificial jewellery & Cushion making for the village women . About 100 village women were benefited by this programme which was jointly organized by the Department of Fashion Technology. On the same day, Tree Plantation & Vegetables saplings were planted in the five adopted villages by the Volunteers.

The afternoon session started with a programme on “**Anbu enum Thiravukol**”. Arulnithi **Ms.S.Srividhya**, Asst.Professor, World Social Seva Committee, was the speaker. She explained the importance of love & affection which are moulded by Yoga in our daily life and how to keep our mind and health free from stress & tension.

On the third day of the special camp (27.02.2018) Temple cleaning and Street Cleaning were done by the NSS Volunteers in all the adopted villages in the forenoon session.

In the afternoon session **Dr.(Mrs).S.Chitra M.D.,DGO, FICOG.**, Advisor, Lalitha Nursing Home, Director, Janani Infertility Centre, Tiruchirappalli , gave a lecture on the topic “**Maanbulla Mangaiyare**” such as Menstrual Hygiene to the Volunteers about the use of napkins , healthy way to discard them & the importance of Hygiene to create awareness among the students and told them of its importance today. There was an interactive session in which volunteers took an active participation by putting many questions to clear their doubts.

On the fourth day of the special camp (28.02.2018) an awareness programme “**Swachh Bharat**” to teach the NSS Volunteers how to keep the village clean & to download the App and how to vote and how to separate the “**Makkum Kuppai & Makkaatha Kuppai**” was conducted.

In the afternoon session Dr.(Mrs).J.Francis Mary, Director & Professor, Master of Business Administration, Shrimati Indira Gandhi College, Tiruchirappalli gave a lecture on the topic “ **Gnam Karuthinum Kaikoodum**” (Personality Development) to the NSS Volunteers. In this she spoke about how to develop their personalities such as skill, attending interview, how to tackle the problems in the society etc. It was an interactive session in which volunteers took an active participation by putting many questions to clear their doubts.

The fifth day (01.03.2018) of the special camp began with the village survey. The Volunteers went from door to door taking a vivid survey. During the same queries relating to the a survey of Drop out list in literacy, new Voter ID, Aathaar Card importance ,were asked and recorded and an awareness on Health, Public Sanitation and Personal Hygiene, Drinking water in the adopted vill

In the afternoon session **Mr.P.Babu M.E.**, Joint Director / Project Director, District Operating Management Unit, Tamilnadu State Rural Livelihood Movement, Tiruchirappalli gave valuable ideas on the topic “**Magalir Membattu Uthikkal**” such as women empowerment etc.. It was an interactive session in which the volunteers took an active participation by putting many questions to clear their doubts.

The sixth day(02.03.2018) of the special camp began with a free **General Medical Camp** was conducted for the benefit of the villagers. This was jointly organized by NSS units of Shrimati Indira Gandhi College and Frontline Hospital, Tiruchirappalli. About 150 villagers were benefited out of which 80 people were found diabetic and 70 of them were found to be both diabetic and hypertension patients. The duration of the camp was from 9.30 a.m to 3.30 p.m.



In the afternoon session of the special camp **Dr.(Mrs).A.Sangeetha**, Asst.Professor, Jamal Mohamed College, Tiruchirappalli was the resource person. She gave a speech on the topic “**Sathaana Unave Muthaana Marundhu**”. She spoke about the importance of consuming organic food and to make use of the simple natural food we get. She also cited many examples of food adulterants in the food products we get today.

On the seventh day (03.03.2018) of the camp, various competitions were conducted for the village children in the adopted villages and prizes were distributed for the winners in the forenoon session.

In the afternoon session a **Patti Mandram** was conducted for the NSS Volunteers on the topic of “**Today’s Technology Development is boon or bane** “. Most of the volunteers participated in this and shared their views.

The Valediction of the special camp started at 3.30 p.m.

Ms.V.Geetha, NSS Programme Officer gave the welcome address followed by the Annual Report by Ms.R.Vasanthi, NSS Programme Officer. **Dr.(Mrs).A.Lakshmi Prabha**, NSS Co-ordinator, Bharathidasan University, Tiruchirappalli addressed the Students. She also distributed the prizes to the winners of various competitions held during the special camp. Our Vice-Principal **Dr.(Mrs).M.Remma**, Shrimati Indira Gandhi College, Tiruchirappalli, applauded the NSS Volunteers for the excellent co-operation rendered by them in completing the special camp successfully. Ms.K.Kavitha, NSS Programme Officer gave the vote of thanks. The function came to an end with the National Anthem.

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Date : 25.02.2018

Inauguration & NSS Oath Taking



“Sindhanai Sei Maname” – Lecture Programme



Date : 26.02.2018

## Early Morning Yoga Practices - During the Camp



## Artificial Jewellery & Cushion making



## Tree Plantation & Vegetables saplings



## “Anbu Enum Thiravukol” – Lecture Programme



Date :27.02.2018

## Temple cleaning and Street Cleaning



## “Maanbulla Mangaiyare” – Lecture Programme



**Date : 28.02.2018**

**Awareness programme - "Swachh Bharath"**



**Lecture Programme on " Gnam Karuthinum Kaikoodum"**



**Date : 01.03.2018**

**Awareness Programme on Open Defecation in the Adopted Villages**



## Field Survey



## Lecture Programme on “Magalir Membattu Uthikkal” –



## Date : 02.03.2018 General Medical Camp



# Lecture Programme on “Sathana Unave Muthana Marundhu”



Date : 03.03.2018

## Yoga Practice & Competitions Conducted





# Valediction & Cultural

